

# Confetti Soup

Meal Components: Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-09r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	1. Heat oil in a roasting pan/square head pan (20 Y" x 17 W" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender
*Fresh onions, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
*Fresh celery, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.
*Fresh carrots, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Fennel seed, whole		2 tsp		1 Tbsp 2 tsp	
Crushed red pepper (optional)		1 tsp		2 tsp	
Canned low-sodium black-eyed peas, drained, rinsed	5 lb 10 oz	3 qt 1 cup (1 1/3 No. 10 cans)	11 lb 4 oz	1 gal 2 1/2 qt (2 2/3 No. 10 cans)	3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes.
OR	OR	OR	OR	OR	
Frozen black-eye peas (See	5 lb 10 oz	1 gal	11 lb 4 oz	2 gal	

Water		1 gal 3 qt		3 gal 2 qt	
Turkey Ham, extra-lean, diced 1/4" 3 lb		1 qt 2 1/2 cups	6 lb	3 qt 1 cup	4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.
*Fresh kale, coarsley chopped 4 oz		2 1/2 cups	8 oz	1 qt 1 cup	
*Fresh parsley, finely chopped		2/3 cup		1 1/3 cups	5. Critical Control Point: Hold for hot service at 135 °F or higher.  6. Portion with 8 fl oz ladle (1 cup).

### Notes

#### Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—your kids will surely be asking for more!

#### Burke Middle and High School

Charleston, South Carolina

#### School Team Members

**School Nutrition Professional:** Erin Boudolf, RD

**Chef:** Craig Deihl

**Community Members:** Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

**Students:** Auja R., Keshawn J., Quatifah L., and Tyler M.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

1 cup provides:

**Legume as Meat Alternate:** 1½ oz equivalent meat/meat alternate and ¼ cup other vegetable.

OR

**Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	2 lb 4 oz	4 lb 8 oz
Celery	2 lb 4 oz	4 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Kale	5 oz	10 oz
Parsley	1 1/2 oz	3 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides : Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable.	<b>50 Servings:</b> about 23 lb  <b>100 Servings:</b> about 44 lb	<b>50 Servings:</b> about 3 gallons  <b>100 Servings:</b> about 5 gallons 2 quarts

Nutrients Per Serving					
Calories	94	Saturated Fat		Iron	1 mg
Protein	8 g	Cholesterol	18 mg	Calcium	35 mg
Carbohydrate	10 g	Vitamin A	3033 IU	Sodium	488 mg
Total Fat	3 g	Vitamin C	4 mg	Dietary Fiber	3 g